



Frequently Asked Questions

Want a quick overview of our latest wellness incentive challenge? All the information you'll need to be successful in making it through this challenge is included below.

WHO is the challenge designed for?

This challenge is designed for individuals. The real emphasis of this challenge is on exploring how music can positively impact activity level, as well as, overall wellbeing.

WHAT is the challenge goal?

The goal of every wellness challenge is to provide participants with tools and resources to support the wellbeing of the individual. In this challenge, users travel (virtually, of course) across the country visiting some of the most notable live music venues. Users record the number of steps taken daily – Movin' steps. Groovin' steps are awarded to users engaging with music via dance, listening to music, playing music, or creating music. Users have six weeks to collect the seven challenge milestones and complete the trip.

WHEN and WHERE do I need to complete activities?

The activities focus on movement and music, so activities may be completed at any time you specify.

WHY is it important that I participate?

Whether it is your foot tapping to the beat or your body swaying to the rhythms, music inspires bodies to move. It evokes powerful feel good endorphins which may improve mood and focus. When you engage with music you often find yourself living fully in the present. All of this contributes to overall wellbeing in a positive way.

HOW will my progress be tracked?

Participants track their activity online via a desktop or mobile device.

To join this challenge, visit this URL:

Click the link that says "Sign Up"

When prompted, enter company code:

then complete your profile.